Wednesday, April 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mission Flour Tortillas (Fajita Size)	110	2.5	1	19	1	1	3	310	0	
1 tortilla, 33 g										
Great Value Sausage Patty	200	19	7	0	0	0	6	290	45	115
1 patty, 50 g										
Scrambled Egg	100	7.6	2.892	0.98	0	0.71	6.5	105	200	69
1 egg										
American Cheese	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
1 slice (1 oz)										
Total	506	36.49	15.309	21.95	1	3.54	20.87	1073	268	184
Lunch										
Best Maid Pickles Sour	5	0		1			0			
1 pickle										
Lay's Sour Cream & Onion Potato Chips	160	10	1.5	15	1	1	2	160	0	340
17 chips, 28 g										
Beaver Sweet Hot Mustard	10	0	0	2	0	2	0	45	0	
1 tsp, 5 g										
Great Value Enriched Hot Dog Buns	110	1	0	23	1	3	4	230	0	45
1 bun, 39 g										
Bar-S Foods Bun Length Franks	140	12	4.5	5	0	2	4	520	50	
1 link, 56 g										
Total	425	23	6	46	2	8	10	955	50	385
Dinner										
On The Border Tortilla Chips Cantina Thins	140	7	1.5	17	2	0	2	80	0	0

Wednesday, April 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
14 chips, 1 oz										
Brookshiers Brookshiers shredded cheese	110	0		0			0			
1/4 cup										
Old El Paso Fat Free Refried Beans	45	0		8	3	0	3	295	0	
1/2 x 1/2 cup, 62 g										
Tyson Foods Fajita Chicken Breast Strips	100	2	0.5	2	0	0	19	540	60	
3 oz, 84 g										
Mission Flour Tortillas (Fajita Size)	110	2.5	1	19	1	1	3	310	0	
1 tortilla, 33 g										
Total	505	11.5	3	46	6	1	27	1225	60	0
Snacks/Other										
Oatmeal Cookie with Fruit Filling	230	8.97	2.238	34.37	1.6	12.04	3.56	126	5	79
2 cookies (2-1/2" dia)										
Vitafusion Calcium Gummy Vitamins	30	0	0	7	0	6	0	15	0	
2 gummies										
Total	260	8.97	2.238	41.37	1.6	18.04	3.56	141	5	79
Total	**1696**	**79.96**	**26.547**	**155.32**	**10.6**	**30.58**	**61.43**	**3394**	**383**	**648**